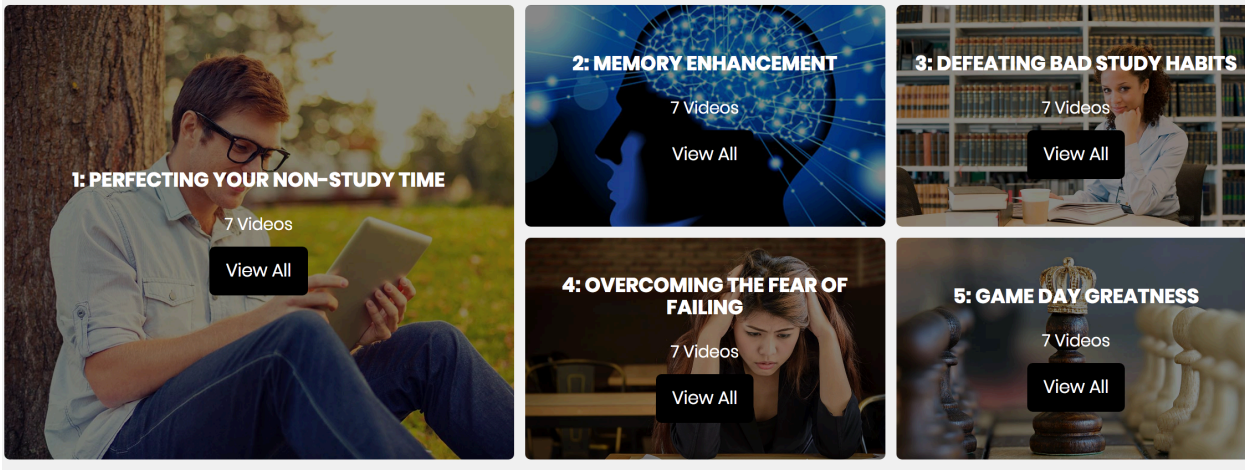
Bar Peak Performance Program

Co-Created by Professors Rebecca A. Simon & Jarrett Green

https://barpeakperformance.com/



OVERVIEW

- **ONLINE PROGRAM**

  This is a cutting-edge, science-based, online program designed to give students the mental and emotional tools essential for passing the Bar Exam.

  So many students fail the Bar even though they have more than enough intelligence, more than enough substantive knowledge, and more than enough preparation. What they lack is the "X Factor" for success. And what is that "X Factor"? *The science-based tools and techniques that allows students to:*

  - ✓ Master the intense pressure of studying for one exam for two straight grueling months, and not allow the intense stress to impact their overall preparation.
  - ✓ Maximize their focus, attention, will power, and productivity for the two-month study period.
  - ✓ Reduce their distractability and overcome the procrastination and other motivation problems;
  - ✓ Make the best possible decisions during their breaks and non-study time so that they truly rejuvenate their brains and return to studying with vigor, energy, and cognitive power.
  - ✓ Unlock their full potential so their brain, mind, and body are all functioning at high capacity so they maximize their chances of passing the Bar.

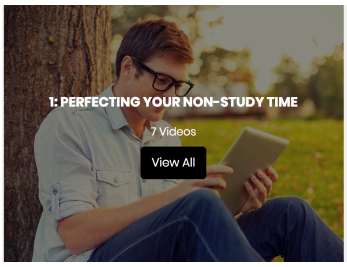
- **TIME COMMITMENT**

  The online program is a series of five modules with seven short sessions each. The sessions are between *2-5 minutes*. Each session contains one critical/simple "peak technique" to learn. It takes about 30 to 35 minutes to watch one module (and approximately 2.5 hours total for all five).

- **TOPICS** (details on next pages):
  1) **Perfecting Non-Study Time**
  2) **Memory Enhancement**
  3) **Defeating Bad Study Habits**
  4) **Overcoming The Fear of Failing**
  5) **Game Day Greatness**

  More about the program at: https://barpeakperformance.com/about-the-program/

Bar Peak Performance Program Details for all Five Modules



MODULE 1

PERFECTING YOUR NON-STUDY TIME

How to enhance your cognitive functioning by upgrading your study breaks and improving your sleep

1. **Physical Stagnation = Brain Stagnation** how to reduce stress and lethargy, and increase energy and focus, through short jolts of physical motion throughout the study day – without having to exercise.

2. **Avoid *Dumb* Study Breaks:** how to dramatically improve your focus and energy after short study breaks by reducing the many study break activities you engage in that actually further exhaust your brain and cognitive resources.

3. **Brain-Enhancing Study Breaks:** 3 simple things to do during short study breaks that will rejuvenate your brain and enhance your brain functioning post-break.

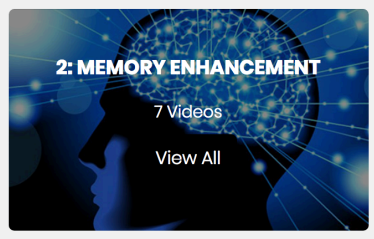
4. **Bring Out Your "No Ninja":** why "no" is perhaps the single most important word you can utter in order to increase your chances of passing the Bar.

5. **Energy Maximization:** how to overcome "will power depletion" and "decisional fatigue" in order to maximize your energy, will power, and focus through each study day.

6. **Higher Purpose = Better Cognition:** how to deliberately connect to a higher purpose or deeper meaning in order to optimize your energy, focus and studying.

7. **Better Sleep:** the five most critical "sleep hygiene" techniques for falling asleep faster and staying asleep longer in order to maximize energy, focus and productivity throughout the day.

Module VIDEO URL: https://barpeakperformance.com/product/perfecting-your-non-study-time/



MODULE 2

MEMORY ENHANCEMENT

Key techniques for optimizing your memory and information recall throughout the study period

1. **The Immense Capacity Of Your Human Mind:** Your human mind has an *immense* capacity to memorize information and can retain *far more* than you believe.

2. **Purposeful Breathing = Brain Optimization:** How to engage in 1-2 minutes of purposeful breathing techniques to enhance your cognition.

3. **Grocery List Exercise:** A simple technique for enhancing your ability to memorize.

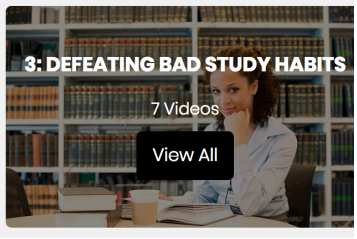
4. **Memorize By "Linking":** how to improve new memory formation by connecting the new information to existing memories and emotions.

5. **A "Mental Butler" Will Improve Your Memory:** How to mechanize your daily routine in order to free critical memory space in your brain throughout the study period.

6. **When To Memorize:** How to capitalize on the neuroscientific research for when/how the human brain consolidates long-term memories most effectively.

7. **Supplements/Movement as Memory Hacks:** How to use supplements, naps, and walks to enhance your memory and overall cognition.

Module VIDEO URL: https://barpeakperformance.com/product/memory-enhancement/



MODULE 3

DEFEATING BAD STUDY HABITS

How to overcome distractions, bad habits, and coping mechanisms that interfere with your studying and productivity

1. **The Danger Of Multi-Tasking:** why multitasking destroys your study momentum, your productivity and your efficiency, and why you should instead adopt the art of purposeful *task-switching*.

2. **Your Smart Phone Makes You "Dumb":** how to change your relationship to your smart phone so it causes you less distraction, less cognitive impairments, and less study interruptions.

3. **Use "Small Victory" Theory To Accomplish Your Study Goals:** how to achieve your study goals and overcome bad study habits by applying "Small Victory" theory.

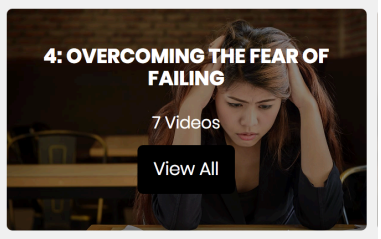
4. **The "10-Minute Rule" For Overcoming Procrastination:** how to overcome procrastination and/or lack of motivation by applying the "10-Minute Rule"

5. **Enhance Your Brain By Manipulating Your Posture & Face:** how to purposefully manipulate your posture and facial expressions while studying in order to reduce your stress and enhance your cognitive functioning.

6. **Mastering Your Brain's "Habit Loop":** how to use the brain's 3-part "habit loop" to your advantage in order optimize your cognitive functioning and productivity.

7. **Self-Accountability = Productivity Boost:** how to incorporate the simple self-accountability practice of "tracking your progress" in order to boost your productivity.

Module VIDEO URL: https://barpeakperformance.com/product/defeating-bad-study-habits/



MODULE 4

OVERCOMING THE FEAR OF FAILING THE BAR:

How to face and overcome the fear of failing the Bar, and how to convert the fear into focus, productivity, and confidence.

1. **Be A Sheep:** Why being "a sheep" during the study period is smart, and why the Bar Exam is the only time in your life that being "unique" or "standing out" is a bad thing.

2. **You Are "Minimally Competent" (And Far More!):** The importance of recognizing – and capitalizing on – the "minimal competency" standard at issue.

3. **Idiots Pass The Bar Exam!:** How to reduce your stress and improve your focus by recognizing that "idiots pass the Bar" and that you are *not* an idiot!

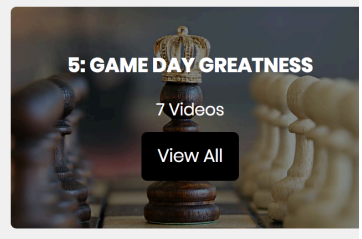
4. **Just Aim For "Good Enough":** How resisting your usual standards of perfection and instead aiming for *"good enough"* will increase your chances of passing.

5. **You Will Have Setbacks (And Still Pass!):** How to overcome and reframe the inevitable setbacks you will have along the way (e.g., failed practice exams and "off" study days), so they do not interfere with your ability to pass the Bar in the end.

6. **Notice ASAP When Your Brain Is Being Hijacked By Stress:** How to identify the 5 physiological "Warning Signs" of stress the moment they occur, and how to interrupt them so your brain can return to a state of high-level cognition asap.

7. **This Is Your Opportunity For Greatness:** How to reduce your stress and optimize your brain's functioning by reframing the way you think about the Bar.

Module VIDEO URL: https://barpeakperformance.com/product/overcoming-the-fear-of-failing/



MODULE 5

GAME DAY GREATNESS

Key techniques for experiencing minimal stress and maximal Cognitive Greatness on the day(s) of the exam.

1. **Brain-Enhancing Choices:** how to make smart choices and establish a "Power Routine" on Game Day that enhance your chances of passing the Bar, such as what you wear, what and where you eat, what you bring to the Exam, and other micro-decisions that can affect passage.

2. **Use *Visualization* To Pass:** how to use visualization to prime your brain to be in a state of peak performance on all days of the exam.

3. **Expect The Unexpected:** how to anticipate any possible game day challenge, so that you can sail through *any* obstacle without allowing your performance to be derailed.

4. **Protect Yourself From Outside Threats To Your Focus:** how to prioritize and protect your game day performance by enacting personal boundaries and prioritizing yourself at all costs.

5. **Be In Control:** decrease your stress and increase your swagger by capitalizing on what you can control on game day.

6. **The Final Minutes:** how to spend the final few minutes before the exam so your cognition is firing on all cylinders.

7. **Power Routine:** Power Routine: how to optimize the 5 key components of your morning routine on exam day (alarm, food, shower, possessions, and confidence) so you are positioned for greatness.

Module VIDEO URL: https://barpeakperformance.com/product/game-day-greatness/

Testimonials

- "I would not have passed the Bar Exam without your support and tools. At one point in the study period, I considered dropping out and not even taking the Bar because I felt so overwhelmed and stressed out by it. But then I met you and learned your tools, and everything changed. I overcame my anxiety, I drastically improved my productivity and studying, and I passed the Bar! This Program was essential to me passing the Bar. I cannot recommend it highly enough!"
  —Sonia Chen, Attorney, Los Angeles, CA

- "People were absolutely unraveling all around me on the first day of the [California] Bar Exam, but I was able to calm myself down completely. That was entirely thanks to Professor Simon and Professor Green's joint Stress Management workshop, THANK YOU!"
  —Lindsey Hay, Attorney, Los Angeles, CA, former Southwestern Law School Law Review Editor

- "The Peak Performance Program taught me critical techniques that boosted my studying, my focus, and my mental faculties and eliminate my anxiety. I was able to accomplish way more in far less time. The Program taught me so many 'Brain Hacks' that took my performance to the next level!"
  —Brandon Mata, Southwestern Law School

- "The tools Professor Simon gave me helped me reduce my stress and maximize my performance. I received easy-to-learn tools for making better decisions under pressure, managing my energy and will power throughout the study period, and becoming a more efficient/productive performer!"
  —Brett Haber, Southwestern Law School

Watch Student Video Testimonials at:
https://barpeakperformance.com/testimonials/

Contact: Professors Simon and Green at 213-537-6824 | info@barpeakperformance.com

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ABOUT | Professors Green and Simon are dedicated to helping law students and lawyers (and other high-stress individuals) minimize their stress, optimize their cognitive performance, and enhance their overall success. They are lawyers, law professors, consultants, and public speakers. And they are obsessed with the *Science of Success*! Professors Simon and Green work with a variety of clients, from some of the largest law firms and corporations in the world, to executives seeking to unlock their fullest potential, to law students yearning to achieve academic excellence. They are currently running their Peak

A partial list of clients include: Skadden Arps, Morrison & Foerster, Ropes & Gray, Baker Hostetler, Allen Matkins, Rutan Tucker, Knobbe Martens, Tesla Motors Legal Department, NBC-Universal Legal Department, Henry Ford Health System, Zenith Insurance Company, Ohio State Bar Association, & the Cleveland Metropolitan Bar Association. Professors Simon and Green co-teach a Bar Peak Performance Program at USC Gould School of Law and an elective course at UCI Law School.

Their online **Bar Peak Performance Program™** takes a multidisciplinary approach derived from their 25 combined years of researching, studying, teaching, and living these disciplines and principles. The Program incorporates — *and holistically integrates* — the following disciplines, among others:

- *Neuroscience and Neuroplasticity*
- *Behavioral Psychology, Positive Psychology, and Applied Psychology*
- *Executive Coaching & Success Coaching Techniques*
- *Peak Performance Research, Habit Reformation and Behavior Modification Principles*
- *Mindfulness (secular mindfulness-based stress reduction principles)*
- *Physiology, Biology, Nutrition and cutting-edge research findings in Mind-Body Connectivity*
- *Emotional Intelligence Literature, Mindset Theory, and Grit Theory*

They developed this program to help students master the mental, emotional and decisional components of preparing for and taking the Bar Exam so students can unlock their fullest potential and pass!

Jarrett Green, Esq., M.A., Psychology, graduated from UC Berkeley School of Law (Boalt Hall) and then practiced commercial litigation for 12 years (first at Skadden Arps and then at his own litigation firm he founded) before leaving the practice of law to become a wellness and performance consultant. He has an M.A. in Psychology from Pepperdine University, where he focused on neuroscience, cognitive-behavioral psychology, and peak performance psychology. He holds Certifications in Executive Coaching, Mindfulness, and Stress Management.

Rebecca Ann Simon, Esq., is a member of the California Bar and holds a B.A. from the University of California, Berkeley, a J.D. from Southwestern Law School, and a Certificate in Public Policy from the Pardee RAND Graduate School. She has a Certification from The Greater Good Science Center's *Summer Institute for Educators* at UC Berkeley. Professor Simon taught full-time at Southwestern Law School from 2014-2018. She now runs the *Peak Performance Program* at USC Gould School of Law and teaches a "Self-Mastery" elective course at UCI Law.

Contact: 213-537-6824 | info@barpeakperformance.com